



May 3, 2025

4800 Fillmore Avenue, Alexandria, VA 22311

Input to FY 2025-26 Budget Process



In March, the Finance Committee initiated a more structured approach to obtaining resident input at the start of the budget process. Numerous residents participated, and we want to assure you that all suggestions were immediately shared with the appropriate Resident Council liaisons and chairs, directors, senior management, and the Chief Financial Officer.

As the budget process continues through the summer, the suggestions will be part of various group discussions. If you have additional information or clarification regarding your suggestions, you may wish to contact the appropriate committee chair or department head to share those insights. Thanks so much for your participation!

Kathi Menda, Finance Committee

Cookies & Conversation

Wednesday, May 7th at 1:00 pm
Fillmore Lounge

Who doesn't like delicious cookies? And who can resist coming to Cookies & Conversation when two of our VIPS will be attending

as our guests? Come welcome Rob Liebreich,

President and CEO of Goodwin Living, and Chandra Kumar, Chief Operating Officer of Goodwin Living. They are looking forward to hearing your questions, suggestions, and concerns. We hope to see you there.



Residents' Council

The Gazette is a weekly publication of Goodwin House Alexandria. Its purpose is to serve and inform residents of community announcements, upcoming events, and activities. Submissions should be sent to gazette@goodwinliving.org by 4 pm Friday to appear in the following week's issue. Late submissions are not guaranteed to be included. The Gazette is distributed via email on Fridays and in print on Saturdays.

Announcements

New Menu Offerings

We have heard your feedback and, effective immediately, are excited to offer a few new selections to our menus. We have expanded our “always available” menu to include brown rice. This high fiber option is a great choice for those looking to add more whole grains to their diets. In addition, we now have chicken and shrimp available as fillings for our omelets. This adds more protein selections for individuals who avoid pork. We hope you enjoy these selections, and please continue to let us know how dining services can meet your needs.



Alex Freiman, Registered Dietician

Food Policy in Group Exercise Studio

To keep the Exercise Studio floor free from crumbs and debris, we request that any open food containers be kept in the cubicles along the wall. This request includes cookies, candy, and food from dining. We appreciate your understanding and helping us to keep the Studio clean for activities.

Leslie LaPlace, Fitness Manager.

Do You Have a Passion for Inclusivity?

Do you want to be a part of a cohesive team across all service lines that includes residents and team members to work on keeping Goodwin Living as a place of welcome and belonging? We are seeking resident volunteers from the Goodwin House Alexandria community. Committee members participate in the one-hour, monthly Zoom meetings, help plan and attend events such as Shared Experiences, contribute to Friday Thoughts articles, and represent the committee within the community. If this sounds like something you are interested in, we encourage you to email DEIB@GoodwinLiving.org. Alison Schroeder and Dan Keiper are committee members and are available to answer questions.

*Jeanne Hobbs,
DEIB Committee*

Dick's Teaser

Can you determine the word, name or expression that is represented by the following?

A P E T S

See page 8 for the solution.

Dick Pellerin, Resident

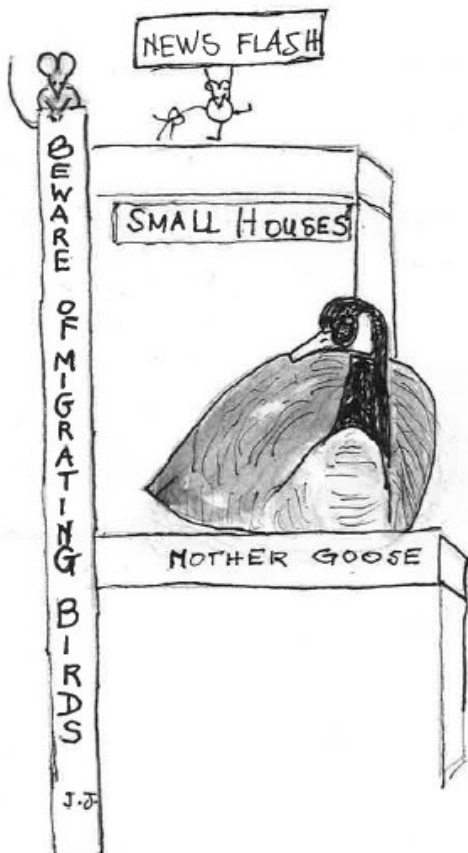
Around GHA

Geese Residents

This is a reminder. **Please do NOT feed or water the geese.** Feeding and watering the geese can make them feel less intimidated by us and can encourage encounters, which can become dangerous to us and to them. Those beaks and wings are not something to play with.

While the geese may have limited nesting areas due to our encroachment into their habitat, they still have food and water sources.

*Merrily Wolf,
Executive Assistant*



Library Policy on Donated Books

We ask you not to place donated books in the book return receptacle. Unfortunately, we cannot accept all donations: fiction and mystery are the most popular categories, and we gratefully accept those in good condition for which we have space. When in doubt, follow the instructions in the Library section on Uniguest.

Don't forget we have a "green" section located in shelves to the right of the door when you enter the Library. Volumes here cover a wide range of ecological topics. One example by Dara McAnulty was written (and the writing is amazingly mature) by an autistic teenager whose specialty is the avian world.

The library is well stocked. We aim to satisfy your reading needs.

Jean Schweighauser, Library Committee

In Memoriam

JULIE SLAVIK

April 25, 2025

BARBARA CHERYL TERIO-SIMON

April 25, 2025

CURTIS ELLISON

April 27, 2025

JAMES CACHERIS

April 29, 2025

JAI SWYTER

May 1, 2025

This Week's Events

StrongerMemory Weekly Group

Wednesdays from 10:00-11:00 am
Fillmore Lounge

Wednesday, May 7th – Topic: Stress Management & Brain Health



*Ellie Pettoni,
Brain Health Coordinator, MSW*

SAVE THE DATE

Your Mind Matters: Monthly Brain Health Talk Series

Wednesday, May 21st, 1:00-2:00 pm
Resident Conference Room

This Month's Topic: Cognitive Stimulation: Fuel for a Healthier Brain

Afternoon Concert with Jerry Roman

Friday, May 9th, 4:15 pm
Auditorium

Enjoy an afternoon of music trivia and entertainment by Jerry Roman. With a wide variety of songs in his repertoire, there will be tunes for everyone to enjoy. He even takes requests.



*Jennifer Bennett,
Events Coordinator*

BYOConversation: "Pollyanna Dines with Chicken Little – Good Uses of Optimism and Pessimism"

Monday, May 5th, 10:00-10:45 am
Living Room

Don't know about you, but I struggle to balance optimism with pessimism.

Optimism: Are we just going through birth pains to a great outcome? Or pessimism: Take cover, the sky really is falling? Good optimism keeps our spirits up, strengthens us. Good pessimism preps us for struggle.

So let's talk about this balancing act. On the down side, do you live under a pessimistic cloud? Or under a sensible readiness for the worst? On the up side, do you keep a sunrise attitude? Or a "What, me worry" ostrich-ness?

For me, it's a mental health discipline to balance sensible optimism with sensible pessimism.

In BYOC, tell us about optimism that carried you through a tough time or pessimism that armed you to endure a tough time. Or vice versa.

Like to exchange thoughts with friends? Speak up or just listen? Drop in to BYOConversation. We have a good time.



Jonathan Bryan, Resident

Understanding Computers

Monday, May 5th, 3:00-4:00 pm
Auditorium

Interested in learning about computers but not sure where to start?

Join Victor Otusanya, Senior Resident Technology Specialist, for a beginner-friendly course Monday mornings in the Auditorium. The course covers the basics of computing and is perfect for both beginners and those looking to refresh their skills.



Advanced II – Computer Settings and Accessibility – Learn How to Customize Your Experience and Make Your Computer Easier to Operate.



Reema Byrd,
IT Support Coordinator

Where Do I Sign Up?

Wondering where you can find the Activities Binder to save your place for events and classes? Wonder no more. The binder is a three-ring notebook that “lives” on the credenza in the hallway near the Residents’ Business Center and Residents’ Conference Room. The credenza is below the large events bulletin board. (If you’re at the Reception desk, go toward the Mail Room and you will see the credenza on the left.) In the binder, you will see tabs where you can sign up for various events.

End of Life Series Part 2

Wednesday, May 7th, 2:00 pm
Auditorium

We have three speakers joining us in Lauren Kipfer, LCSW, Palliative Care Social Worker; Aaron Zajdel, LCSW, Care Connections Manager; and Beth Klint, Executive Director of Goodwin Hospice. They will discuss Goodwin Palliative Care and Hospice Services. In addition, they will briefly review DNR (Do Not Resuscitate) orders and the POLST (Physician Orders for Life Sustaining Treatment) form.

Monica Hutchins-Thomas,

Green Team Hints

Bring plastic bags from grocery or retail stores to the labeled container in the business office. Ziplock bags, bubble wrap, dry cleaner bags, and mailers can also be recycled here (or at your local grocery store). Omit bags with black/dark blue color.

Viruses

Cases as of April 25, 2025

COVID-19: Team members: 0

Residents: 0

Influenza: 0

Pfizer Covid vaccines now available at CVS pharmacy located in G-1.

Contact Jen at 703-820-1061.

Emma Okul, Infection Preventionist

Resident Seminar Walks with “The Rambler” is Back!

Thursdays, May 8th - 29th, 2:00 pm
Fillmore Lounge

Sign up required only if you have not done so already. (The original sign-up sheet is back in the Activities Binder.)

Marty Suydam’s seminar, “Walks with the Rambler,” interrupted due to GHA’s earlier flu surge and subsequent scheduling issues, is back!

When writing *Walks with Charley*, a book that is part memoir and part 2020s hindsight-perspective on the history of South Arlington, Marty discovered the work of photographer and newspaper columnist J. Harry Shannon (1869-1928), who had his own column, “The Rambler,” in the *Washington Sunday Star*. Marty’s series takes a 1900s hindsight-perspective on Arlington and Alexandria, the same geographic area as Shannon’s “walks” with “The Rambler.”

Topics:

- May 8 (Repeat): Introduction to Northern Virginia Plantations and Arlington Plantation
- May 15: Potomac Shore, Analostan Island
- May 22: Green Valley Plantation
- May 29: Preston Plantation (and successor plantations)

Kathi Menda, Seminar Facilitator

The Story of a Rose: A Musical Reverie on The Great War

Wednesday, May 7th, 7:00 pm
Lobby/Schlesinger Center
Tickets - \$0, Transportation - \$0

Tony Award®-nominated Broadway actress, singer, and author Melissa Errico (My Fair Lady, Dracula, Les Misérables) will take the stage at the Rachel M. Schlesinger Concert Hall and Arts Center (located on NOVA's Alexandria Campus) on May 7, with her mesmerizing new musical presentation, *The Story of a Rose: A Musical Reverie on The Great War*.



In a unique mix of beautiful song and brilliant speech, Melissa relates the story of the too-often-overlooked epoch of World War One, in all its many-sided American complexity, in an original musical presentation produced by The Doughboy Foundation to benefit its work in support of America’s National World War I Memorial in Washington, D.C. The tickets are being offered to GHA from the Doughboy Foundation. Sign-up required. Sign-up sheet will be available in the Activity’s Binder on Saturday, May 3rd.

*Jennifer Bennett,
Events Coordinator*

Next Week's Events

Saturday Morning Live

Saturday, May 10th, 10:30-11:30 am
Auditorium and CH 973

Todd Richardson of the U.S. Department of Housing and Development (HUD) will share with us the many national programs of this important Federal Agency. He is the General Deputy Assistant Secretary of the Office of Policy Development and Research, a HUD office that once employed our GHA residents Don Bradley, Bill Heenan, and James Hoben.

Todd will outline HUD's responsibility to enforce the U.S. Fair Housing laws, the Department's support of Public Housing and Section 8 Rental Housing payment assistance for low-income households, the provision of Indian Housing Block Grants, and the Community Development Block Grants for moderate and low-income communities. HUD also makes homeownership possible for millions through the FHA and Ginnie Mae.

Speaker Forum

Did You Know?

If you or your family members would like to get the *Gazette* via email on Fridays, contact the *Gazette* at gazette@goodwinliving.org.

Art Talk with Dorothy McManus: Portraits of American Writers

Tuesday, May 13th, 3:00 pm
Auditorium and CH 973

The Smithsonian's National Portrait Gallery downtown holds many portraits of writers from the great field of American Literature, only a fraction of which can be on exhibit at any one time. Docent and GHA resident Dorothy McManus will present a virtual tour of a small sample from this collection, from the country's early days to our own times. Not American Lit 101 all over again! Just a look at some you'll know well and others perhaps not.

*Jennifer Bennett,
Events Coordinator*

Link of the Week

Situated in an area that was once the ancient "Ivory Route" linking Mozambique and Zululand, Tembe Elephant Park is renowned for having the largest elephants in Africa – and on the planet! Along with viewing these gentle giants, you can also spot the rest of the "Big Five:" lions, leopards, black and white rhinos, and buffalo. There is a spectacular variety of animals, including over 340 bird species.

[Tembe Elephant Park | Explore.org](https://www.explore.org/tembe-elephant-park)

The Green Team

Event Reminders

Therapist-Led Core Strengthening and Pelvic Floor Exercises Classes

Wednesdays, through May 7th, 10:00-10:45 am | Fitness Studio.

No sign-up required. This class will vary, targeting exercises for core strengthening, exercising the upper back to your pelvic floor, and exercises to improve posture and stability.

Kentucky Derby Celebration

Saturday, May 3rd, 5:30 pm-end of race! | Auditorium

Evening Concert with Anna Bray

Tuesday, May 6th, 7:30 pm
Auditorium and CH 973

Carpool trip to National Chamber Players concert at Episcopal High School

Tuesday, May 6th, 7:45 pm

DC Design Virtual Tours: Millionaires Row to Embassy Row, Washington's Gilded Age

Wednesday, May 7th, 11:00 am
Auditorium and CH 973

Hillwood in the Spring

Thursday, May 8th

Departure: 9:30 am | Return: 2:15 pm
Costs: \$17 Transportation; \$50 admission and lunch.

Please sign up in the Activities Binder located near the Reception Desk.

May GHA Book Club Meeting

Tuesday, May 20th, 2:00-3:00 pm
Residents' Conference Room.

At the May meeting, we will discuss *The Only Woman in the Room* by Marie Benedict. Please sign up in the Activities Binder located near the Reception Desk.

"Poiesis" exhibition of art and poetry by artists from GHA and the local community

April 2nd – May 13th
Small House Gallery

Upcoming Events

Garden Tour and Tea

Wednesday, May 28, 2:00-3:30 pm
Fillmore Lounge and Patio

Cancelations

Aqua Fun - Canceled

Monday, May 5th

Mind & Movement - Canceled

Tuesday, May 6th & Thursday, May 8th

Body & Balance Exercise Program - Canceled

Monday, May 5th & Wednesday May 7th

Creative Writing Group - Canceled

Thursday, May 8th

Dick's Teaser Solution

What is represented is the expression "a step backwards."

Dick Pellerin, Resident

The Weekly Schedule

Sunday, May 4, 2025 — Sunday, May 11, 2025

Events listed in this calendar may be subject to change after the time of printing. For the most up-to-date schedule, consult Uniguest at www.gh-a.org

Sunday, May 4

- 8:15: Classical Stretch (GX)
- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 6:30: Movie: *Regarding Henry* (CH 972)

Regarding Henry (1991), PG-13, Drama, 1h 48m, Cast: Harrison Ford, Annette Bening, Michael Haley. After being shot, a lawyer loses his memory and must relearn speech and mobility, but he has a loving family to support him.

Monday, May 5

- 9:00: Fun & Fitness (GX & CH 975)
- 9:30: Aqua Fun — Canceled**
- 10:00: BYOConversation (LR) See p. 4.
- 10:00: Catholic Mass & Rosary (CHP & CH 974)
- 10:00: Communications Committee Meeting (RCR)
- 10:00: Trail Blazers— Jones Point (Lobby, Sign-up required)
- 12:00: 12-Step Meeting (Please call 202-701-9291 for additional information.)

- 12:00: German Conversation Table (AR)
- 1:00: Beginning Line Dancing (GX)
- 3:00: Understanding Computers Intermediate (AUD) See p. 5.
- 3:30: Seated Meditation (CHP & CH 974)
- 4:30: Birthday Party (LR)

Tuesday, May 6

- 7:45: Morning Yoga (GX, CH 975 & ZOOM)
- 9:00: Strength & Stretch Class (GX & CH 975)
- 9:30: Credit Union Open (PR)
- 10:00: Painting and Drawing (AS)
- 10:00: Seated Strength (GX & CH 975)
- 10:00: Bus to Giant Food (LBY, Sign-up required)
- 10:00: Residents' Council Meeting (RCR)
- 10:15: Just Dance (AUD-A) **NOTE NEW TIME & DAY**
- 1:15: Mind & Movement — Canceled**
- 1:30: Mah Jongg (LR)
- 2:00: Wii Bowling (GX)

2:00: Movie: *Up in the Air* (CH 972)
Up in the Air (2009), R, Drama/
 Comedy, 1h 49m, Cast: George Clooney,
 Vera Farmiga, Anna Kendrick. Ryan's
 job is to travel around the country firing
 off people. When his boss hires Natalie,
 who proposes firing people via video
 conference, he tries to convince her that
 her method is a mistake.

4:30: Advanced Tai Chi (GX)

5:30: Waiter's Table (The Alexandria
 Dining Room) Sign up required.

7:30: Evening Concert with Anna Bray
 (AUD & CH 973)

7:45: Carpool trip to National
 Chamber Players concert at Episcopal
 High School

Wednesday, May 7

9:00: Fun & Fitness (GX & CH 971)

9:30: Aqua Fun (POOL)

9:30: Market Place Accepts Donations
 (MP)

10:00: Therapist-Led Core
 Strengthening and Pelvic Floor
 Exercises Class (GX)

10:00: StrongerMemory Group (FL)

10:00: Vendor: Kim's Ritzy Bling (CC)

11:00: DC Design Virtual Tour:
 Embassy Row (AUD & CH 973)

11:00: Prayer Group (CHP)

11:00: Teaching Company— *The Wisdom
 of History* (CH 972)
 9. *Ancient Greece and the Middle East*
 10. *Athenian Democracy and Empire*

1:00: Cookies and Conversation (FL)

2:00: Chapel Outreach Committee
 (RCR & Zoom link available from
 resident John Berry)

2:00: Pickleball (GX)

2:00: End of Life Series—Palliative Care
 and Hospice Services, DNR and POLST
 forms (AUD-A & CH 973) See p. 5.

4:00: Fillmore Happy Hour (FL)

4:00: Pop-up Technology Assistance
 (LBY)

Thursday, May 8

7:45: Morning Yoga (GX, CH 975 &
 ZOOM)

9:00: Strength & Stretch Class (GX &
 CH 975)

9:00: Chess (LR)

9:30: Hillwood in the Spring (LBY)

10:00: Seated Strength video w/Christie
 (GX & CH 971)

10:00: Ceramics (AS)

10:45: Talking Books Librarian (Library
 Work Room or in your apartment by
 appointment; call 703-824-1583)

**11:00: Creative Writing Group—
 Canceled**

- 11:00: Scripture, Songs & Prayers—
(AUD & CH 973)
- 11:00: Replay Teaching Company—
The Wisdom of History (CH 972) See p. 10.
- 12:00: French Conversation Table
(Bistro Table 11)
- 1:00: GHA Bell Ringers Choir (AUD-
A)
- 1:00: Library Committee Meeting
(RCR)
- 1:15: Mind & Movement— Canceled**
- 2:00: Knitters and Crocheters (CHP)
- 2:00: Wii Bowling (GX)
- 2:00: Open Studio (AS)
- 2:00: Resident Seminar Walks with
“The Rambler” (FL)
- 3:00: GHA Players Meeting (RCR)
- 3:15: Advanced Line Dancing (GX)
- 7:15: Movie: *Air* (CH 972)

Air (2023), R, Drama/Sport, 1h 51m,
Cast: Matt Damon, Jason Bateman, Ben
Affleck. The history of the game-
changing partnership between a then
undiscovered Michael Jordan and
Nike's fledgling basketball division
which revolutionized the world of
sports and culture with the Air Jordan
brand.

Friday, May 9

- 7:45: Morning Yoga (GX, CH 975 &
ZOOM)

- 9:00: Fun & Fitness (GX & CH 975)
- 10:00: Shuttle to Target (LBY, Sign-up
required)
- 10:00: Replay of Thursday Movie (CH
972)
- 10:30: GHA Encore Chorale
Rehearsal (AUD-A)
- 1:30: Shanghai (LR)
- 2:00: Quilting Bees (BR)
- 3:30: Seated Meditation (CHP & CH
974)
- 4:00: Fillmore Happy Hour (FL)
- 4:15: Afternoon Concert with Jerry
Roman (AUD) See p. 4.
- 4:30: Advanced Tai Chi (GX)
- 4:30: Jewish Sabbath Service of
Comfort & Healing (CH 971)

Saturday, May 10

- 8:15: Classical Stretch (GX)
- 9:30: Pop-up Technology Assistance
(LBY)
- 10:30: Advanced Tai Chi with
Instructor (GX)
- 10:30: Saturday Morning Live (AUD &
CH 973) See p. 7.
- 11:30: Beginners' Tai Chi with
Instructor (GX)
- 3:00: Weekend Wii Bowling (GX)
- 7:15: Movie: *School of Rock* (CH 972)

School of Rock (2003), PG-13, Comedy,

1h 49m. Cast: Jack Black, Mike White, Joan Cusack. After being kicked out of his rock band, Dewey Finn becomes a substitute teacher of an uptight elementary private school, only to try and turn his class into a rock band.

Sunday, May 11

- 8:15: Classical Stretch (GX)
9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
6:30: Movie: *Moonstruck* (CH 972)
Moonstruck (1987), PG, Comedy/
Romance, 1h 42m, Cast: Cher, Nicholas Cage, Olympia Dukakis. Loretta Castorini, a bookkeeper from Brooklyn, New York, finds herself in a difficult situation when she falls for the brother of the man she has agreed to marry.

Richmond & Dominion

Sunday, May 4

- 9:00: Holy Eucharist (CHP & CH 974)
10:30: Holy Eucharist (AUD & CH 973)
3:00: Seated Exercise (RAR & CH 971)
6:30: Movie: *Regarding Henry* (CH 972)
See p. 9.

Monday, May 5

- 9:30: Aqua Fun— Canceled**
10:00: BYOConversation (LR) See p. 4.
10:00: Catholic Mass & Rosary (CHP & CH 974)
10:00: Communications Committee Meeting (RCR)
11:00: Body & Balance Exercise Program— Canceled
12:00: German Conversation Table (AR)
3:00: Understanding Computers Intermediate (AUD) See p. 5.
3:30: Seated Meditation (CHP & CH 974)
4:30: Birthday Party (LR)

Tuesday, May 6

- 10:00: Seated Strength (GX & CH 975)
10:00: Residents' Council Meeting (RCR)
10:15: Just Dance (AUD-A) **NOTE**
New time & day
1:15: Mind & Movement— Canceled
1:30: Mah Jongg (LR)
2:00: Wii Bowling (GX)
2:00: Movie: *Up in the Air* (CH 972) See p. 10.
3:00: Tea Timers (RDR)

7:30: Evening Concert with Anna Bray (AUD)

Wednesday, May 7

- 9:30: Aqua Fun (POOL)
- 9:30: Market Place Accepts Donations (MP)
- 10:00: Therapist-Led Core Strengthening and Pelvic Floor Exercises Class (GX)
- 10:00: Vendor: Kim's Ritzy Bling (CC)
- 11:00: Body & Balance Exercise Program— Canceled**
- 11:00: Prayer Group (CHP)
- 11:00: DC Design Virtual Tour: Embassy Row (AUD & CH 973).
- 11:00: Teaching Company— *The Wisdom of History* (CH 972) See p. 10.
- 1:00: Cookies & Conversation (FL)
- 2:00: Chapel Outreach Committee (RCR & Zoom link available from resident John Berry)
- 2:00: End of Life Series—Palliative Care and Hospice Services, DNR and POLST forms (AUD-A) See p. 5.
- 4:00: Fillmore Happy Hour (FL)
- 4:00: Pop-up Technology Assistance (LBY)

Thursday, May 8

- 9:00: Chess (LR)
- 10:00: Seated Strength video w/Christie (GX & CH 971)
- 10:00: Ceramics (AS)
- 10:30: Dominion Resident Council Meeting (DDR)
- 11:00: Creative Writing Group— Canceled**
- 11:00: Scripture, Songs & Prayer (AUD & CH 973)
- 11:00: Replay Teaching Company— *The Wisdom of History* (CH 972) See p. 10.
- 12:00: French Conversation Table (Bistro Table 11)
- 1:00: GHA Bell Ringers Choir
- 1:15: Mind & Movement— Canceled**
- 1:45: Music Therapy with Abby (RDR)
- 2:00: Wii Bowling (GX)
- 2:00: Open Studio (AS)
- 2:00: Resident Seminar Walks with "The Rambler" (FL)
- 3:00: Coca-Cola Float Day (RAR)
- 7:15: Movie: *Air* (CH 972) See p. 11

Friday, May 9

- 10:00: Replay of Thursday Movie (CH 972) See p. 11.
- 10:30: GHA Encore Chorale Rehearsal (AUD-A)

- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Fillmore Happy Hour (FL)
- 4:15: Afternoon Concert with Jerry Roman (AUD) See p. 4.
- 4:30: Jewish Sabbath Service of Comfort & Healing (CH 971)

Saturday, May 10

- 9:30: Pop-up Technology Assistance (LBY)
- 10:30: Saturday Morning Live (AUD & CH 973) See p. 7.
- 2:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)
- 3:00: Weekend Wii Bowling (GX)
- 7:15: Movie: *School of Rock* (CH 972) See p. 11.

Sunday, May 11

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 3:00: Seated Exercise (RAR & CH 971)
- 6:30: Movie: *Moonstruck* (CH 972) See p. 12.

Small Houses Schedule

Sunday, May 4

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:30: Name That Tune (OQ)
- 3:00: Open Recreation/ Strength & Stretch Chair Exercise (CH 971)
- 6:30: Movie: *Regarding Henry* (CH 972) See p. 9.

Monday, May 5

- 10:00: BYOConversation (LR) See p. 4.
- 10:00: Catholic Mass & Rosary (CHP & CH 974)
- 10:00: Communications Committee Meeting (RCR)
- 10:15: Seated Exercise (OQ)
- 11:00: Small House Bell Choir (PW)
- 11:00: Nature Club (CTY)
- 12:00: German Conversation Table (AR)
- 1:30: **Art with Alison—Canceled**
- 1:30: Music Therapy with Abby (OQ)
- 2:45: Tea Party (WL)
- 3:00: Volunteer Visits (SH-A)

- 3:00: Understanding Computers Intermediate (AUD) See p. 5.
- 3:30: Seated Meditation (CHP & CH 974)
- 4:30: Birthday Party (LR)

Tuesday, May 6

- 10:00: Seated Strength (GX & CH 975)
- 10:00: Residents' Council Meeting (RCR)
- 10:30: Seated Exercise (OQ)
- 2:00: Movie: *Up in the Air* (CH 972) See p. 10.
- 3:30: Individual Visits with Ted (SH-A)
- 4:00: Care Partner-Led Programming (OQ & WL)
- 6:30: Music Therapy with Abigail (OQ)
- 7:30: Evening Concert with Anna Bray (AUD & CH 973)

Wednesday, May 7

- 9:30: Market Place Accepts Donations (MP)
- 10:00: Therapist-led Core Strengthening and Pelvic Floor Exercises Class (GX)
- 10:30: Music and Movement (PW)
- 11:00: DC Design Virtual Tour: Embassy Row (AUD & CH 973)

- 11:00: Prayer Group (CHP)
- 11:00: Teaching Company— *The Wisdom of History* (CH 972) See p. 10.
- 11:00: Visits with Miranda (SH-A)
- 1:00: Cookies & Conversation (FL)
- 2:00: End of Life Series—Palliative Care and Hospice Services, DNR and POLST forms (AUD-A) See p. 5.
- 2:45: Brain Games (RP)
- 2:45: Milky Way Day (SH-A)
- 4:00: Fillmore Happy Hour (FL)
- 4:00: Pop-up Technology Assistance (LBY)
- 6:15: **Games with Ted—Canceled**

Thursday, May 8

- 9:00: Chess (LR)
- 10:00: Seated Strength video w/Christie (GX & CH 971)
- 10:45: Talking Books Librarian (Library Work Room or in your apartment by appointment; call 703-824-1583)
- 11:00: **Creative Writing Group—Canceled**
- 11:00: Scripture, Songs & Prayers (AUD & CH 973)
- 11:00: Replay Teaching Company— *The Wisdom of History* (CH 972) See p. 10.
- 12:00: Chaplain Visits (SH-A)

- 12:00: French Conversation Table
(Bistro Table 11)
- 2:00: Dog Visits with Sara and Moriah
(SH-A)
- 2:30: Resense Register Reading (SH-A)
- 3:00: Volunteer Visits (SH-A)
- 6:15: **Games with Ted—Canceled**
- 7:15: Movie: *Air* (CH 972) See p. 11.

Friday, May 9

- 10:00: Replay of Thursday Movie (CH 972) See p. 11.
- 11:00: Care Partner-Led Programming
(OQ & WL)
- 11:00: News Discussion Group (SN)
- 2:30: Small House Mahjong Club
(MH)
- 3:00: Music Therapy: Individual
Sessions (WL & SN)
- 3:30: Seated Meditation (CHP & CH 974)
- 4:00: Fillmore Happy Hour (FL)
- 4:15: Afternoon Concert with Jerry
Roman (AUD) See p. 4.
- 4:30: Jewish Sabbath Service of
Comfort & Healing (CH 971)

Saturday, May 10

- 9:30: Pop-up Technology Assistance
(LBY)
- 10:30: Licks of Love Dog Visits (SH-A)
- 10:30: Saturday Morning Live (AUD &
CH 973). See p. 7.
- 2:00: Open Recreation/ Strength &
Stretch Chair Exercise (CH 971)
- 2:30: Music Therapy with Abby (OQ)
- 7:15: Movie: *School of Rock* (CH 972)
See p. 11.

Sunday, May 11

- 9:00: Holy Eucharist (CHP & CH 974)
- 10:30: Holy Eucharist (AUD & CH 973)
- 11:30: Chaplain Visits (SH-A)
- 1:30: Mother's Day Treat (SH-A)
- 3:00: Open Recreation/ Strength &
Stretch Chair Exercise (CH 971)
- 6:30: Movie: *Moonstruck* (CH 972) See
p. 12.

LOCATION KEY

AR	Arbor Room next to the Dining Room/ Bistro	CHP	Chapel	POOL	Swimming Pool on Promenade
AS	Art Studio	CL	Clinic	PT	Physical & Occupational Therapy on Promenade
ASG	Art Studio Gallery	CTY	Courtyard	PSCR	Promenade Small Conference Room
AUD-A	Auditorium A	DDR	Dominion Dining Room, Original Bldg 2nd Floor	PW	Small House Powell
AUD-B	Auditorium B	FL	Fillmore Lounge	RAR	Richmond Activities Room, Original Bldg 3rd Floor
AUD	Auditorium AB	FP	Fillmore Patio	RCR	Residents Conference Room
AUD-ABC	Auditorium ABC	GR	Game Room on Promenade	RDR	Richmond Dining Room, Original Bldg 3rd Floor
BL	Small House Bluestone	GX	Group EX Studio	ROOF	Rooftop Deck
BR	Bishops' Room, 1st Floor Tower	JA	Small House James	RP	Small House Rappahannock
BST	Bistro	LBY	Lobby	SH-A	Small Houses
CC	Concourse	LR	Living Room	SHG	Small House Gallery
CH 971	Channel 971	MH	Small House Meherrin	SN	Small House Shenandoah
CH 972	Channel 972	MP	Market Place on Promenade	SB	Stonebrook
CH 973	Channel 973	OQ	Small House Occoquan	WL	Small House Willis